

Volunteers

The **Comox Valley Cougars Track & Field Club** is entirely volunteer-driven. Without the efforts of volunteers the club could not exist. The more parents who become involved, the more efficiently the club will function. All parents will be expected to participate in some way with club activities; being involved is rewarding and a great way to meet friends! Many hands make light work! The club's volunteer coordinators have details on where help is needed, but major areas are:

Competitions

Cougars volunteers are required at Island Series meets to officiate and manage the hammer and discus events. Many helpers are needed to run our track meet in June.

Executive Board

The executive consists of parent volunteers. Any new parent who is interested in filling an empty position will be warmly welcomed!

Practices and Coaching

Parents with coaching experience are encouraged to participate in the practices whenever possible. Help is also needed with setting up of equipment, such as high-jump mats and hurdles, and to monitor event stations.



Parent volunteers at our meet

Membership Costs

Costs include BC Athletics fees which differ for each age group

<u>Age Group</u>	<u>Cost</u>
Junior Development (*9-14yrs)	\$355
Youth-15	\$355
Youth (16-17yrs)	\$373.50
Junior (17-18yrs)	\$384
Senior (20+yrs)	\$394.50
Masters (35+yrs)	\$342

*9 yr olds accepted with older sibling

Out of Town Competition Travel

The Comox Valley Cougars Track & Field Club provides assistance with travel and lodging expenses for some out of town meets. Car-pooling helps to minimize costs. Meet entry fees, normally in the \$5-\$15 range, are collected by the club during the process of coordinating event entries. Some meets, including the Island Series, may be covered by membership fees for 2011. Please consult the club registrar for more information.



2011 Meet Schedule

<u>Date</u>	<u>Meet</u>	<u>Location</u>
Island Series Meets		
April 16-17	George Dean Memorial	Sidney
April 30-May 1	Bob Dailey Memorial	Port Alberni
May 7-8	Dogwood T&F Meet	Victoria
May 28-29	Elwood Wylie Memorial	Nanaimo
June 11-12	10th Annual Garriock Meet	Duncan
July 2-3	CV Cougars TBA	Courtenay

Out of Town Meets

June 3-4	BC High School Championships	Burnaby
June 17-19	Pacific Invitational	Langley
July 15-16	BC Championships	Coquitlam
July 22-24	BC JD (9-14) Championships	Kamloops
Aug 5-9	Western Canada Summer Games	Kamloops
Aug 5-7	Canadian Legion Youth Championships	Ottawa ON

*Out of town meets can be attended by qualifying athletes. Other events may be added to the schedule at the coaches' discretion



2011

Comox Valley

Cougars
Track & Field Club



www.comoxcougars.org

Welcome to the Cougars

This brochure provides both returning and prospective new members with an overview of our club, and of the sport of Track & Field in BC. If you have any questions or concerns our executive would be pleased to assist you; full contact details are listed on our Web site at:

www.comoxcougars.org

BC Athletics is the governing body overseeing all forms of competitive Track & Field in this province, covering competitors from all age groups. The majority of BC athletes are members of private clubs like the Cougars. These clubs are located throughout the province, and the Cougars are one of ten such clubs on the island.

The Comox Valley Cougars Track & Field Club has been in operation for over twenty years, training and developing hundreds of athletes, many of whom have gone on to compete at the university and international levels. Our club, like most in BC, is organized by ages into the following categories:

Junior Development (JD):	9 - 14 years
Youth - 15:	15 years
Youth:	16 & 17 years
Junior:	18 & 19 years
Senior:	20 years & over
Masters:	35 years & over

The majority of our athletes start in the JD program and work their way up through the Youth level and beyond. Our Junior athletes attend universities throughout North America, returning in the summer to train and, when possible, to assist our younger athletes.

Our JD Program is for ages 10 - 14 (9yr olds are accepted if they have an older sibling in Cougars) and runs for approximately 5 months. Base training starts in March, continuing through the Island Series of meets in April, May, and June, then concluding with the provincial JD Championships in July. The Majority of our meets are held on the Island, however, we always attend major meets elsewhere in BC each year.

Our Youth athletes train throughout the winter and continue into April in preparation for their competitive season. The majority of their meets are held in conjunction with the JD events, but the BC Youth Championship is held separately.

Trial Period & Beyond

For the first two weeks of each season, between the initial information session and the official sign-up meeting, interested athletes can 'test the waters' to determine if our training regimen meets their expectations. New athletes will train with our returning athletes, improving their conditioning and gaining exposure to the various sport disciplines our club offers.

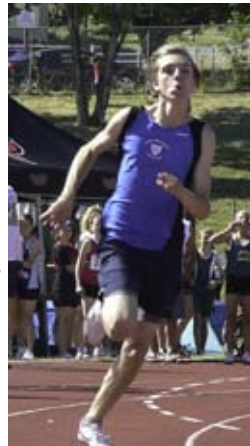


If our program has appeal, individuals may join by attending the official sign-up meeting, filling out registration forms, and paying membership fees as listed in this brochure.



Following sign-up, training will continue as scheduled. Before the Island Series Meets, we familiarize new members with the protocols and rules of each event and what to expect at the sanctioned competitions.

Cougar club jerseys (pinnies) will be provided, and club sweats and bags will be made available for purchase.



Practice Sessions

Starting in early March, practice sessions will be held six days a week. Every athlete is guaranteed three days a week of practice; which days are determined by each athlete's ability. Please check the Web site for the most up-to-date information on practice times and locations for your age group and ability.

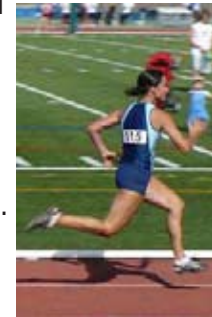
Our coaching team feels that seasoned, serious competitors deserve special focus. Throughout the season, the coaches will be watching the progress of the younger developing athletes with the intent of inviting those with promise and dedication to participate in more intense training sessions. During Saturday practices, a cadre of older athletes will be present to assist and inspire younger kids in their development. We have designed our practice schedule to share our limited coaching resources as evenly as possible among all members.

Cougars offer a well-rounded training program with instruction in all track & field disciplines including sprints, hurdles, endurance, throws, and jumps. We encourage JDs to participate in a wide variety of events before deciding to specialize in any one.

Training sessions follow a specific routine. Each practice begins with a warm-up (involving a short jog and stretching session), and is followed by a period of time dedicated to technique development in several event areas according to an event rotation schedule. The practice is then concluded with a group conditioning session, cool-down jog, and stretch.

It is imperative that athletes attend the whole practice as each component of the session requires the completion of the preceding steps. All athletes should attend at least two Cougar practice sessions each week. Athletes should assess their time commitments to other sports and activities before deciding to join Cougars.

Good running shoes and track shorts are mandatory. warm, weatherproof training gear (jacket, tear-aways, sweat pants and shirts, etc.) is recommended. Spikes are optional at first; coaches will advise when and if they are necessary.



Club Goals & Objectives

The mission of the Comox Valley Cougars Track & Field Club is to help all member athletes to develop an understanding of the skills and techniques of Track & Field so as to enable them to enjoy a lifetime of involvement in the sport.



We are also motivated to train and work with those athletes who exhibit exceptional talents in an effort to assist them in reaching their competitive goals. Above all, we wish to promote the notion of friendly competition.

Our major emphasis is on self improvement for each athlete, no matter what their skill level. Using the concept of personal best (PB), we work to help each athlete gain self-satisfaction through seeing improvements in their own performances, rather than through constant comparison to the results of other competitors.

As club membership has grown over the past years, we are now placing an emphasis on preparing athletes for competing in the Island Series track meets. These series comprise six meets hosted by different clubs on the island from April through June. As members of the Vancouver Island Athletics Association, the Cougars are expected to assist with the operation of these meets (see *volunteers section*). We find that the format of multiple island meets, with the same clubs participating at every meet, fosters a positive and healthy competitive atmosphere thus facilitating the the development of lasting friendships between members of the island clubs. This is certainly an outcome not often evident in other team or individual sports.

Cougars strive to create an environment in which all athletes can attain high levels of achievement. BC Athletics compiles and maintains a "Top Ten" list for every event in every age group. While improving their PBs, our athletes



always have an eye towards breaking into this list. At this time there are at least ten active Cougar members who have earned places.